

CROSSLANDS CHRONICLE

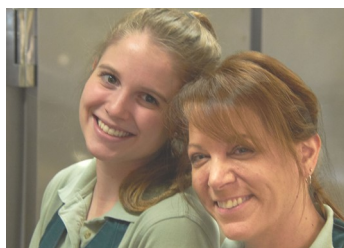
APRIL 2018

Volume 45, Number 4

THE WAIT STAFF

Those young fresh-faced folks that glide around the dining room and see to our dining pleasure—do you ever wonder where they come from? Or how they can remember your beverage order from last time, and then gracefully, without groaning, lift away those hugely laden trays without spilling a drop?

At Crosslands Food Services, there are approximately 95 staff members, full and part-timers, to serve our every need. Of the part-time staff, some are local people, some are high school students, some are college students (on call during their vacation or free time) and some are already working full time jobs elsewhere but earning extra money to pay off college loans. You can see that scheduling, engineered by the supervisors, is a logistical feat similar to planning the invasion of Normandy in 1944.



Megan and René

Many of these workers are from the local school systems; Unionville, Kennett, Oxford and Avondale High Schools are among the most common sources. And of course, they must have their own transportation, perhaps involving parents and siblings who themselves may have, at one time, been part of the staff. There are minimum age requirements for staff dependent upon the area for which they are hired, as specified by federal child-labor laws.

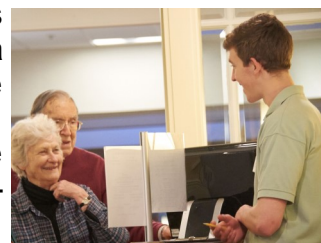
And how is this staff trained? First, any new staff member must go through an extensive hiring process. Once that's completed, they are turned over to the Dining Service Supervisors to begin training. This will differ for the Main Dining room, Café, and Audland dining room as each provides a different type of meal service. Each area has its own system, and generally speaking, requires at least 5 days of training. Each person learns on the equipment he or she is going to use, either in the kitchen preparation area, or in the serving areas. A senior staff member completes the training, following a detailed manual. Many different laws and regulations come into play with the younger staff: if they aren't 18, they can't even use a knife!! Safety plays a large part in the training process as well: safety for the staff and a safe environment for the residents being served.

And there is a dress code! Even the cooking staff have uniforms. The servers wear light green polo shirts and a V-necked apron with the Crosslands logo, and black trousers. Most important: proper no-skid shoes.

Some residents have commented on the "language problem". Most of us "old folks" are accustomed to the response to "Thank you!" being "You're welcome!" Not so these days. More likely you will hear "No problem!" or "So-kay!" Such generational vernacular is probably familiar to all of us who have grandchildren.

Towards the end of each school year, a dinner party is given for all those at Kendal and Crosslands who are graduating from high school, technical school or college. Their parents are included in this celebration, and often it's the first time they have seen the place where their offspring have been working. An hors d'oeuvres party is held at both Kendal and Crosslands, followed by dinner, which alternates between the two locations yearly. The occasion is marked by a few words from the KCC Director of Culinary Services, John Platt, and other dignitaries. A guest resident speaker attends this event as well, to pass along his or her thoughts and appreciation for the staff and the wonderful job they do.

Fun Fact: Did you know that Tracy Sedlak, Café Supervisor, and Darlene Parrett-Harris, Production Manager, were both wait staff members many years ago in the Crosslands dining rooms?



Hunter with residents

FROM THE CRA PRESIDENT

WHAT PRICE ENTERTAINMENT

Being President of the CRA has its commitments, obligations, and a few rewards (I am still looking for the reserved parking spot near the entrance of the Center and the key to the Executive Men's Room). But perhaps the most serious measure of our efforts will be success in funding next year's budget for the many entertainment and informative programs to be presented. Our committees work hard with much selfless sacrifice, not only in time and ideas, but in the use of their own funding to supplement the operations of their individual committees. Last year we exercised rare discipline by cutting the budget by ten percent because of a shortfall in support. It was a reminder to all of us that these great programs which we enjoy do not happen in a vacuum. They are resident-directed and resident-funded. I for one felt it was a wake-up call to face the reality that without my support there would be a serious curtailment of the stimulating programs we all enjoy. And it worked. A subsequent appeal cured our funding deficiency and with a few minor adjustments in the budget we got through the year successfully.

So here we are looking forward to fiscal 2018-2019 with the same optimism with which we close out the current year. I hope the results of our appeal will permit us all to rejoice in knowing music will reverberate throughout the Center, beads will continue to be strung, paintings will be created by our budding Picassos, and the Woodshop will continue to make noise, sawdust and great projects, just to mention some of the activities you support. If you haven't already found that little box with the lock on it opposite the Reception Desk, please look for it soon to make your contribution toward making all this happen.

A substitute minister was entering a church with his son when he noticed a box with the message "For the Needy." Having only two cents in his pocket he quietly slipped them into the box, greeted his attendees, and preached his sermon. As he left, the president of the congregation met him at the door, and with the box in hand, said the contents were always given to

the visiting pastor. He opened the box and shook it into the pastor's hand. Out came only the two cents, to which his son said, "Gee, Dad, maybe if you had put more into it you would have gotten more out of it."

Lou Wonderly

TOP DOCTOR

In January 2018, Dr. Stephen Conrad, who will have been serving the Crosslands community for the past 40 years come July of this year, was selected by the International Association of Internists as a "Top Doctor". The Association highlights and profiles the world's top physicians.

Dr. Conrad was also selected by local medical associations as a Top Doctor in Internal Medicine in 2013, 2014 and 2015. He has also been chosen, in the past, as the Best Role Model and the Best Teacher of Medicine by his medical students and interns.

Congratulations to one of our own.

The Editor

CONTRIBUTIONS TO THE CRA FUND DRIVE

The collection box is on the server opposite Patty Chapin's desk. **Please put it to use!**

CROSSLANDS CHRONICLE

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| MUSIC COMMITTEE |
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The Newstead Trio

**Michael Jamanis, violin; Sara Male, cello
Xun Pan, piano**

Tues., April 10—Wm. Penn Rm.—7:30 p.m.

We welcome back the Newstead Trio which, during more than twelve years together, has performed for audiences throughout the United States, Canada, Germany, Italy, Hungary and China.

Michael Jamanis is a visiting professor at China Northwest University, as well as the senior adjunct professor of violin at Franklin and Marshall University.

Sara Male holds a Master's of Music from Mannes College of Music in New York. She is an adjunct assistant professor of cello at Franklin and Marshall.

Xun Pan, piano, received his training at the central Conservatory of Music in Beijing and at Syracuse University. He received his Doctorate of Musical Arts from Rutgers University and teaches at Millersville University as well as at several universities in China.

The Newman Quartet

Settlement Music School

Sun., April 15—Wm. Penn Rm.—3:00 p.m.

The Newman Quartet is one of several ensembles that comprise the Advanced Study Program at Settlement Music School, taking the name of their sponsors, members of the board of directors. Membership to the scholarship program is by audition and is very competitive. These high school students are probably the most advanced string players in the Delaware Valley and usually go on to very coveted positions in the nation's conservatories

The Florian Trio

**Nancy Bean, violin; Lloyd Smith, cello
Allen Krantz, guitar**

Tues., April 24—Wm. Penn Rm.—7:30 p.m.

Nancy Bean and Lloyd Smith are well known to Crosslands audiences as they have performed here many times with the Wister Quartet. For this concert they are joined by a guitarist, Allen Krantz, with whom they formed the Florian Trio

in 1999. The Trio was named after Florian Schubert, the composer's father, and has been delighting Philadelphia audiences with its wide ranging repertoire.

Nancy Bean, is a graduate of the Curtis Institute of Music, became a member of Philadelphia Orchestra in 1983 and was its Assistant Concertmaster from 1986 to 2009, when she retired to devote herself to chamber music.

Lloyd Smith is also a graduate of Curtis. He joined the Philadelphia Orchestra in 1967 and was Acting Associate Principal cello before retiring.

Allen Krantz, a graduate of the San Francisco Conservatory and Stanford University, has received acclaim as a composer, solo guitarist and chamber musician. He heads the guitar program of The New School Institute at Temple University. He is composer in residence for the Philadelphia based chamber ensemble, 1807 and Friends.

Esther Cooperman

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| SING ALONG WITH SARAH LEE |
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"Recycling" Songs

Fri., April 20—Wm. Penn Lounge—7:30 p.m.

In keeping with Crosslands' Earth Day celebration this month and concern about the climate and weather problems in our country and the world, we'll have a musical prelude, "recycling" songs about the beauty of America and our Crosslands home.

Sarah Lee Houston

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| LIGHT 'N LIVELY |
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***Fabulous Females of the 20th Century*
with Freyda Thomas**

Sat., April 14—Wm. Penn Rm.—7:30 p.m.

Freyda Thomas returns to the Crosslands stage with a jazzy hour presenting the work of Fabulous Females of the 20th Century: singers, a songwriter and a comedienne. As always, you'll be educated as well as entertained. Performing to electronically enhanced music, her singing, her wisdom and her wit capture every audience.

Marilyn Lofland

FORUM COMMITTEE

50 Years Of Service To The Homeless

Speakers: Bill and Marcy Perkins
Tues., April 3—Wm. Penn Rm.—7:30 p.m.

Bill and Marcy Perkins have recently stepped down from the leadership of Friendship House in Wilmington. They came to Wilmington 30 years ago from Baltimore, where they had formerly been working and deeply involved in homeless issues. Many churches, other organizations and individual volunteers have had the opportunity to watch Friendship House grow from a concept to a deeply caring faith-based organization, one that makes a true difference in the lives of individuals and families in need in the Wilmington area. You'll profit from a visit to their website, Friendship.house.org.

The Perkinses will be discussing the changes in needs of the homeless population, as they understand them from their 50 years of experience. When they have presented to congregations at churches, and civic associations and last year at Kendal, the audience has had a special opportunity to learn from gifted speakers.

Mary Ann B. Wagner

EARTH WEEK

Recycling Matters: Key Tips from an Expert

Speaker: Chris Glovetsis, Local Republic Services Site Manager
Fri., April 27—Wm. Penn Rm.—1:30 p.m.



We are pleased to present this local expert who is in charge of our recycling site in King of Prussia. Chris will highlight the benefits of recycling, the proper way to recycle items in the single stream, and

the importance of end markets for recycled materials. We will watch a video of the recycling process and have our questions answered. Plan now to participate!

Sharon Sundial

Life At Winterthur In the 1910s to 50s

Tues., April 17—Wm. Penn Rm.—7:30 p.m.
Speaker: Jeff Groff, Director of Interpretation and Estate Historian at Winterthur Museum

Life At Winterthur is a look at Henry Francis duPont's well known Winterthur Estate with its house, collections, gardens, estate buildings and gentleman's farm in the period of the 1910s through the 1950s. It describes the social life at the great American estate and presents rarely seen photographs from the Winterthur Archives.

The speaker, Jeff Groff, has, for forty years, studied, written and lectured on American country houses, particularly those of Philadelphia's "Main Line" and surrounding areas, emphasizing country life and colonial revival design. Currently, he serves as co-curator of Winterthur's very successful exhibition "Costumes of Downton Abbey" and is part of the exhibition team for Winterthur's "Follies: Architectural Whimsy in the Garden" which opens this spring.

At Bates College, he majored in history and has an MA from the Winterthur Program in Early American Culture at the University of Delaware.

Howard Hart

GREAT DECISIONS

Media and Foreign Policy

Moderators: Les and Kathy Hart
Mon., April 30—George Fox Room
9:45 a.m.

State and non-state actors today must maneuver a complex and rapidly evolving media landscape. Conventional journalism now competes with user-generated content. Official channels of communication can be circumvented through social media. Foreign policy is tweeted from the White House and "fake news" has entered the zeitgeist. Cyberwarfare, hacking and misinformation pose complex security threats. How are actors using media to pursue and defend their interests in the international arena? What are the implications for U.S. policy?

Chuck Gosselink

CAMERA CLUB

Crosslands Nightlife**Speaker: Bob Suter****Fri., April 13—Wm. Penn Rm.—7:30 p.m.**

The walkways at Crosslands and the activities rooms at the Community Center are quiet and empty of life after about 9:00 p.m. most nights. No traffic passes

along Crosslands Drive, the community gardens are bereft of activity, and the silence is broken only by the wind. Well, not really! Animal life is nearly everywhere, even at night, and in some places *especially* at night. This program will explore both the variety and the intensity of nightlife as it occurs at Crosslands, no matter the season, and whether indoors or out! Bob Suter uses photographs, video, and audio to reveal the night lives of foxes, raccoons, bats, bluebirds, fireflies, and many others, even humans!

*Bob Suter***CRA CONCERNS SESSION****Tuesday, April 17****In the Music Rm.****10:00 - 11:00 a.m.****NEXT SHOWCASE****April 10 to May 14**

IN THE GALLERY

Elizabeth Geary Davison**Exhibit: March 1 to May 1**

The exhibit of Elizabeth's flower images, done in graphite, colored pencil, and oil pastels, continues through this month.

Nancy Geary Pereira

WELCOMING COMMITTEE

New Residents Reception**Wed., April 25—Wm. Penn Rm. and Lounge—10:00 to 11:30 a.m.**

The Welcoming Committee will host a reception for new and old to mingle. New residents (those who moved to Crosslands since October 2017) are invited to meet each other starting at 9:00 a.m. before being joined by the veterans. Refreshments will be served.

Nancy Crowe

BOOK REVIEW

The Weight of Ink* by Rachel Kadish*Reviewer: Peggy Jones****Mon., April 16—Wm. Penn Rm.—11:00 a.m.**

The Weight of Ink is a long book, an emotional story layered in epic and scope. It is about an aging professor who wants to wrap up her career with one last great academic offering and, in another time, a young girl who is obliged to transcribe for a blind Rabbi. Set in London in two periods: 2005 and the late 1600's, the book covers such topics as religion, sexuality, and gender. In wonderful prose, Kadish tells us that, no matter what, books and documents and words and ink on paper are important; they are our records of time. The characters in Kadish's book are so clearly drawn, the reader remembers them long after closing the book.

Peggy Jones

2018 EARTH WEEK EVENTS

2018 Earth Week events are sponsored by six resident committees. They begin on April 23 with the Annual Meeting of the Arboretum at Kendal and a lecture by Horticulturist Greg Tepper who will describe the Botanical Gardens he is developing on the Delaware coast. A bus will be provided for this event.

Wednesday, April 25 will include a trip to an Energy Efficient Farm (bus provided), followed by a Nature Walk to Scott Pond at 2:00 p.m. and an Earth Day reception and dinner in the evening.

On April 26, the new KCC Horticulturist Martha Stephens will present a workshop on container planting. In the evening, a documentary film "Sustaining our Oceans" will be shown.

On Friday April 27, a new tree will be planted near the Center at 10 a.m. and Key Recycling Tips will be shared by an expert at 1:30 p.m.

Weather permitting, Bird Walks will start at 7:30 a.m. on April 25 and 27 and the annual Open House at the Native Plant Preserve will occur on either Sunday April 22 or 29. Watch the bulletin board for the overall schedule and for sign-up sheets. Come and enjoy these programs to celebrate the bounty and the beauty of our Earth.

Jennifer Allcock

NATURE CONSERVANCY HIKE

**Wed., April 18—Meet at Center—8:30 a.m.
Mason-Dixon Trail, White Clay Creek
Preserve**



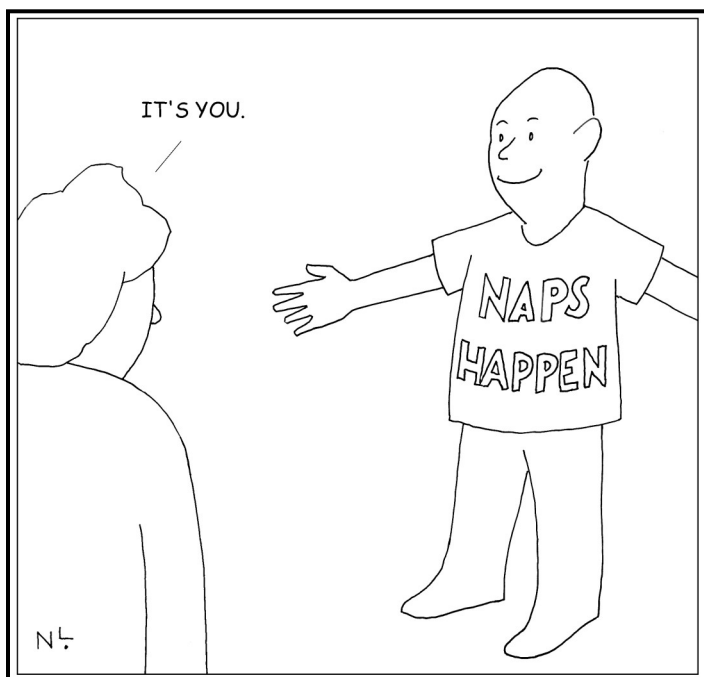
We'll be about three hours, including the drive out and back (car pools necessary). This trail is part of the wonderful network of medium and long-distance trails in southeastern Pennsylvania that rambles through the protected White Clay Creek watershed for several miles. If it doesn't snow, we'll have a ball!

Pete Lane

We Are So Very Lucky

We are so very lucky that Crosslands can generate its own electricity! Phil DeBaun, at the last CRA meeting, gave a short history of the equipment. Two diesel-powered 1.5 megawatt generators, one for Kendal and one for Crosslands, were purchased in 1999 as Y2K was looming and everyone feared a millennial disaster, which of course did not happen. The cost was approximately \$1.5 million of which \$700,000 was supplied by Delmarva Electric with the stipulation that they would be allowed to use the generators during peak power demands, if needed. After a year, Delmarva voided the contract and allowed Kendal and Crosslands to keep the generators. In the years since, KCC has delivered extra power generated back into the grid, netting more than \$100,000 a year, a wonderful return on the initial investment! But the generators are getting old and have recently required considerable maintenance. Their capacity is adequate for our needs now, but they would be hard pushed if called upon during a peak power demand. In the future, upgrades or new equipment will be needed with a plan to switch to a more environmentally-friendly fuel such as natural gas.

Julie Knobil



COLLABORATIVE CHOICES COMMITTEE

(A combined group representing the Choices Committees of Cartmel, Coniston, Crosslands and Kendal)

***Navigating the Medical Maze:
Building Blocks for More Informed Decision
Making***
A New Three-part Series

Everywhere you look today, we are being told to be more active in managing our own health and in deciding what treatments to have or not have. But we all know that's easier said than done. Some of us are overwhelmed by the number and complexity of choices we may have to make. Most feel intimidated by the lack of good, easy-to-understand information. Patients are bombarded with ads, changing guidelines and anecdotal information from family and friends. Most of all, everyone is challenged by the escalating time pressures placed on doctors and therefore on their patients. It's easy to feel lost when navigating this medical maze. Unfortunately, there's no easy way through and out of it. We all carry different values, information and challenges into this environment. One size does not and cannot fit all. Some decisions are easier than others. Some doctors are better communicators than others.

All that said, we do think there are useful tools and paradigms to help us, and we're calling those the building blocks for more informed decision making. They function as the basis for effective communication between patients and their doctors. The basic building blocks fall into three categories and will be discussed in a series of three, discussion-based sessions:

- Thurs. Apr. 5 **KNOW YOURSELF:** Understanding patients' medical mindsets
 Thurs. May 3 **KNOW YOUR DOCTOR:** The medical interview: Doctors' thinking patterns and challenges to diagnosis
 Thurs. May 31 **KNOW HOW TO ACCESS AND ASSESS MEDICAL DATA**
 Understanding medical risk: finding sources of information and guidance

All three sessions will be held in the William Penn Room at Crosslands from 10:00 a.m. to 11:15 a.m.

Cathy Elder

**Bereavement Support Group
Spring 2018**

Grief is an emotional, physical, cognitive, and spiritual response to a loss. The goal of this support group is to bring together those who are experiencing the loss of a loved one to discuss the effects of grief on their lives and to share in their journey of healing.

In our desire to support you on this journey, the bereavement group will combine education and support. It will meet at Crosslands on Tuesdays, beginning April 10th and will meet from 1:30 to 3:00 p.m. for a series of eight sessions.

For more information or to register, please contact me in Crosslands Social Services at 610-388-5636 or via email at mpathak@xlands.kendal.org. Please register by April 3.

Megha Pathak

NEED TO KNOW WHAT'S GOING ON?

Would you like to **hear** the information presented on TV9? Just call 484-770-5711 to hear a recording of the current day's information on TV9.

RESIDENT STATISTICS

Transfers

Benjamin Cohen Crosslands 152 to
Audland 530

Richard Rushmore Crosslands 164 to
Audland 518

In Memoriam

Robert Cohen February 24, 2018

Patricia O'Neil February 24, 2018

Jordan Jacks March 1, 2018

**NEED A RIDE HOME AT NIGHT AFTER A
CONCERT, FORUM OR OTHER EVENING
EVENT?**

Push the **BUTTON to the right of the main
door and a bus will be dispatched to the
Center.**



A Walk in the Clouds

Sat., April 7—Wm. Penn Rm.—7:15 p.m.

Roger Ebert said we need to have some innocence and trust to see this “glorious romantic fantasy, aflame with passion and bittersweet longing.” Besides that, *A Walk in the Clouds* is a campy yet touching film in which two people meet on a train: a soldier coming to the rescue of a pregnant, unmarried woman who has to return to the family vineyard and a soon-to-be-irate Italian father. Special scenes for me are the family cooking in the kitchen and the magical dance to save the frosted vineyard. So bring your innocence and trust to watch *A Walk in the Clouds*, an anodyne alternative to the news of the world. Run time: 1 hour 40 minutes.

Lowell McMullin

Field of Dreams

Sat., April 21—Wm. Penn Rm.—7:15 p.m.

When an Iowa farmer hears the now famous words, “If you build it, he will come,” he mows down several acres of corn to build a baseball diamond. There are surprising results. A charming fantasy about the love of baseball and the ways that love binds generations together.

er. Just in time for the baseball season. Starring Kevin Costner, James Earl Jones, and Ray Liotta, with a cameo appearance by Burt Lancaster. Runtime: 1 hour 46 minutes.

Ron Broude

Documentary Film

Earth: Sustaining Our Oceans

Thurs., April 26—Wm. Penn Rm.—7:15 p.m.



Oceans, one of five segments in the *Earth* series beautifully produced by PBS/National Geographic, finds host Dr. M. Sanjayan on a pristine reef. He draws on his own ocean experiences to describe a vibrant community

of scientists, engineers and fishermen who are providing solutions that can help restore the oceans in astonishing ways, giving him hope that we can still turn around our influence on the most important habitat on Earth.

Co-sponsored by Energy Committee. Run time: 60 minutes.

Sharon Sundial

PRIMARY ELECTION NEWS PENNSBURY 453 N1

The primary election will be held on Tuesday May 15 from 7:00 am until 8:00 pm.

All new residents must register to vote in this precinct by Monday, April 16. Forms are available at the bulletin board area or online.

If you wish to change your party affiliation, a new registration form must be filled out and returned by Monday, April 16.

Absentee ballots must be received by Friday, May 11.

Reminder: This is a primary. Only members of the parties that have candidates on their slates may vote in that party's primary. Individuals with no party affiliation do not vote in this election.

Bonnie Marcus

CROSSLANDS PLAYERS

Hecks-A-Poppin'

**Fri. and Sat., April 27 and 28
Wm. Penn Rm.—7:30 p.m.**

Crosslands Players are pleased to announce their April program: ***Hecks-A-Poppin'***, a Revue featuring the talents of your friends and neighbors. Mark your calendars and come prepared to cheer!

Evan Clingman

*Editor's Note: For the less ancient of our readers, ***Hellzapoppin'*** was a musical revue of 1938 that ran for three years on Broadway. A movie version was released in 1941.*

READER'S CHOICE

The Prague Sonata, by Bradford Morrow

At the heart of Bradford Morrow's intriguing, complex novel is an eighteenth century manuscript: the score, in a copyist's hand, by an unknown composer, of a highly original, mesmerizingly beautiful piano sonata. His principal characters, accomplished musicians and/or musicologists, are connected in diverse ways to this manuscript and to unraveling its mystery.

In unfolding his intricate plot, Morrow opens for us the enchanted world of old Prague and its dissolution in the Nazi era, and the transgenerational inner world of classical music with the mutually contradictory motivations of its inhabitants, as most of them fall under the spell of the music, while others seek to profit from it materially. Even they, however, even the worst villain of them all, unable to resist the music's beauty, loosen the bonds of their greed in favor of a purer attachment to its art.

The manuscript passes through many hands in widely separated places. In Prague, Otylie, a thirty-year-old Czech pianist, as the Nazis are invading her country, takes on the burden of its preservation and protection by dividing its three movements among three different people to reduce its value to the rapacious Nazis. The second movement finds its way, sixty years later, to New York, into the hands of Meta, a passionate young musicologist who falls so completely under the spell of the music and the mystery of its origins that she devotes her life to it. In an alliance with Gerritt Mills, a Czech-American journalist, her search leads her back and forth across the Atlantic and eventually to the mid-western United States, where the vicissitudes of Otylie's life have led her, improbably, to the small village of Prague, Nebraska. It is here that Meta is finally able to return to the old woman's trembling, aged hands the whole manuscript, its parts reunited, and the spectacular facts of its origins revealed.

This masterful novel combines suspenseful mystery, insightful character development, and devotion to high art, a rare combination to savor.

Sue Finkelstein

A WELCOME TO DR. CHECCIA-ROMANO

As many of you may already know, a new physician has joined the Health Services primary physician team: Dr. Marylou Checchia-Romano. A quick report from one of the nurses in the Resident Care Center is that: "Oh, she's wonderful!"

Dr. Checchia-Romano is a specialist in Family Medicine and is currently senior physician at Upper Providence Family Medicine in Collegeville, PA, but her passion is geriatric medicine. In the past, she has served as Medical Director for Lima Estates. She will be available here on Tuesdays, at first, although the goal of the primary care staff is to expand her visits to Tuesdays and Fridays.

Dr. Checchia-Romano is a graduate of the Philadelphia College of Osteopathic Medicine, and is Board Certified in Family Medicine. We are invited by the Health Services team to contact them with questions about our new doctor or to schedule an appointment.

Larry Wood

OPERA LECTURE

Why hadn't I gone sooner to these wonderful events by Bob Rowland, Helen Rowland's son, and linked to an upcoming Met Simulcast? *La Boheme* was covered a few weeks ago, in an amazing one hour session. The several bits about Puccini were delicious (and some even important), e.g., yes, he probably would have appropriately won Oscars scoring music in Hollywood and yes, he probably didn't love being a teenage church organist. Crosslands residents aren't usually treated to a delight when a lecturer (other than George Martin) suddenly breaks into song to highlight a point or saunters to the piano and, standing up, tosses off a bit of a melody. Then there was the small CD player with exquisite sound playing several arias. At the end, I turned to my neighbor to share my first-time excitement but she waved me off saying she had to dry her eyes and regain her composure first. Don't miss Bob Rowland's opera gig even if you are not an opera lover.

La Boheme was the last of this season's lectures but keep watch for the next series. Bob usually does five each season, starting in the Fall.

Paulding Phelps

CROSSLANDS NATURE CONSERVANCY

Walking on Trails and Paths

Now that the weather has turned toward spring, let's get out and enjoy the fresh air, warm sun, bird songs and greening-up of the campus. Here are a few precautions to take before you explore the Crosslands trails or if you choose walking elsewhere.

There are maps of the Kendal and Crosslands trails available in the Brooke Worth Room nature library to help you plan your walk.

When you are walking on the trails, it is wise to carry your charged-up cell phone or walk with a friend. If neither of these is possible, tell a neighbor or friend that you are going out into the woods and when you expect to return. Take a whistle with you that can be used (three short loud tweets & repeat) to alert someone nearby if you have a problem and need help.

If you come across someone who needs assistance anywhere on campus, use your cell phone to call the emergency number at Firbank: 610-388-1440. If you don't have a phone, go to the Center or Firbank for assistance. With any luck you will never be in this situation, but being prepared is always a good thing, so add the Firbank telephone number to your cell phone contacts. It may help someone in need of assistance, and that person may be you!

Mary Barlow

Borderlands Policy

In the Kendal-Crosslands Master Landscape Plan, those edges of the natural lands most easily seen by residents (from their living units, indoor public areas, or paved surfaces) are referred to as "borderlands."

To prevent invasive plants from creeping into turfed areas, borderland edges are generally mowed on a regular basis. For this reason, residents are requested NOT to plant along the edges of natural areas. Requests for exceptions to this policy must be reviewed and approved in writing by the Grounds Supervisor who will likely approve only native plants in borderlands or other natural areas. Plans by residents to install native plants should include the way in which the planting area will be prepared. Existing plantings by residents in borderlands will be reviewed by the Grounds Supervisor, who will decide if they are suitable for the location.

Garden and lawn maintenance waste is not to be dumped in the borderlands or other natural areas. Piles of organic debris kill turf and other desirable vegetation, creating areas for the seeds of invasive species to germinate. Stones thrown into natural areas create hazards for personnel maintaining these areas.

As a general rule, when the Grounds Supervisor determines a project will have a major impact on nearby residences, staff will attempt to notify residents prior to starting the project.

This policy was approved by Grounds Supervisor Casey Groff on Dec. 18, 2017

Jennifer Allcock

David Peacefull Photos



Did you know where this is?

It's the winterberry between the walkway and Firbank on the way from the Center to Dyer. Diana Stevens and Delores Reeves were the sharp-eyed winners this month.

SO YOU THINK YOU KNOW CROSSLANDS...?

Do you know where this is?

Send your answer to XLChronicle2@gmail.com or leave it in the *Chronicle* open mailbox. Please include your name and apartment number on your entry.



Dale Kendall Photo

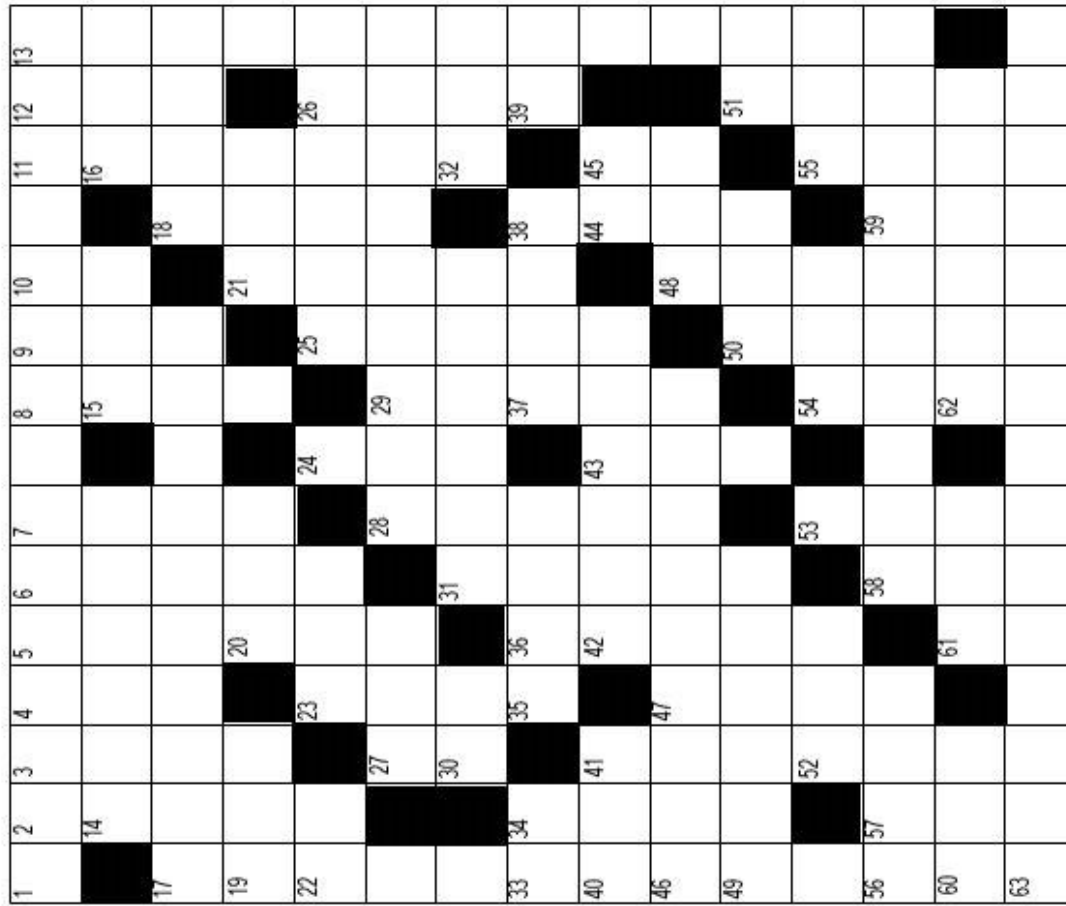
CROSSLANDS CROSSWORD #29: Kid Lit Classics

ACROSS

- 1 Captives held in a gingerbread cottage.
 14 Black-caped superhero in Gotham City
 15 German grandpa
 16 ___ polloi
 17 She had two ugly stepsisters.
 18 Long ago, formerly
 19 ___ Hagen, noted actress
 20 Uncooked
 21 Peer Gynt's mother
 22 Do, ___ mi
 23 Units of weight in the EU
 25 Attack fiercely; set upon
 27 ___ Fish, Two Fish (Dr. Seuss primer)
 28 Spider who befriended Wilbur the pig
 30 "When ___ Were Very Young" (Milne)
 31 "The Princess and ___"
 32 ___-lam, character in "Green Eggs and Ham"
 33 It has campuses at Manoa & Hilo
 35 Chain of convenience stores with headquarters in Media
 37 ___ Karenina, Tolstoy heroine
 39 "Après moi, ___ déluge!"
 40 Roman sun god
 42 Word or sound repeated in meditation
 44 ___ Cobb, former baseball star
 46 ___ Moon, bedtime storybook
 48 Dishonorable man
 49 Enter carefully
 50 ___ Yeller, tale about a dog and a boy
 51 An east coast US commonwealth (abbr.)
 52 Miracle-___ fertilizer
 54 ___ Been Workin' on the Railroad"
 55 1002 for Calpurnia and Nero
 56 Strap attached to a horse's bridle
 58 "Alice in ___," Lewis Carroll classic
 60 Liquor in a Pink Lady or Salty Dog
 61 What the Mad Hatter always drinks.
 62 County & State of Sal's Canal, in song.
 63 "The Little ___," a train story with an I-think-I-can motif

DOWN

- 2 "I'm starving. Let's grab ___."
 3 Large dog nurse in "Peter Pan"
 4 Herpes or syphilis, for example
 5 Appear; come forth
 6 "Theme," music from the film "Dr. Zhivago"
 7 Once more; over again
 8 Raggedy Ann, for instance
 9 Number on a high school transcript that colleges may take note of (abbr.)
 10 Egyptian sun god
 11 Messages about someone's intent to harm or hurt
 12 Greek dawn goddess
 13 "The ___," fairy tale by Hans Christian Andersen
 17 Adventurous brown monkey in 7 books
 18 Gasoline brand in Canada but no longer in the U.S.
 21 Powerful lion in Namibia
 23 "The Man Who ___ To Much" (G. K. Chesterton)
 24 ___ Guevara, comrade of Fidel Castro
 25 Stadium; a place for sports and entertainment
 26 Slanted letters (abbr.)
 27 Expression of pain
 28 ___ Chong-Chen, friend in "The Adventures of Tintin"
 29 Not together
 31 Creator of Huckleberry Finn
 34 "The Merry Adventures of Robin ___"
 36 Common prenatal screening test, familiarly
 38 Slightly
 41 Activity for Paul Bunyan
 43 "Honor ___ Father," Gay Talese book about mobsters
 45 3 feet or 36 inches (abbr.)
 47 Hollywood father and daughter, Bruce and Laura ___



57 "Ich bin ___ Berliner." (JFK gaffe)
 58 "___ Willie Winkie," nursery rhyme
 59 Tolstoy or Durocher
 61 Its capital is Nashville. (abbr.)

48 Priest, religious leader
 50 Apparent; done openly
 51 Stuff of phonograph records and some house siding
 53 Tug, skiff, or dinghy, for instance
 54 Conception, plan, thought, or vision
 55 In Hindu myth, the father of the human race

by Hollis Scarborough

Nonviolent Peaceforce—Update from the Field

Speaker: Mel Duncan

Sat., April 28—Wm. Penn Rm.—10:00 a.m.

The Quaker's Peace and Social Concerns Committee and the Interfaith Dialogues Committee are co-sponsoring this report by the co-founder of the Nonviolent Peaceforce (NP), describing recent achievements of this global group. Upon invitation, NP sends unarmed, highly-trained workers into civil war conflicts to provide civilian protection to peace workers and facilitate peaceful outcomes. Since 2002, it has used its techniques in Sri Lanka, the Philippines, South Sudan, Myanmar (Burma), the Middle East and other hot spots. Its successful work has now caught the attention of personnel at the United Nations, the Vatican and elsewhere.

Our residents, Clarkson and Andy Palmer, will be honored for their years coordinating the work of the Philadelphia-area Chapter of NP, as part of their lifetime commitment to peace work. We will also hear from Kathleen Hester, the incoming Coordinator of the Chapter, about ways we can help move toward a more nonviolent future.

Robin Harper

Answers to Crosslands Crossword #29

Across: 1 Hansel and Gretel, 14 Batman, 15 opa, 16 hoi, 17 Cinderella, 18 erst, 19 Uta, 20 raw, 21 Ase, 22 re, 23 kgs, 25 assail, 27 One, 28 Charlotte, 30 We, 31 The Pea, 32 Sam, 33 UH (Hawaii), 35 Wawa, 37 Anna, 39 le, 40 Sol, 42 mantra, 44 Ty, 46 Goodnight, 48 cad, 49 edge in, 50 Old, 51 VA, 52 Gro, 54 I've, 55 MII, 56 rein, 58 Wonderland, 60 gin, 61 tea, 62 Erie, NY, 63 Engine That Could.

Down: 2 a bite, 3 Nana, 4 STD (Sexually Transmitted Disease), 5 emerge, 6 Lara's, 7 anew, 8 doll, 9 GPA, 10 Ra, 11 threats, 12 Eos, 13 Little Mermaid, 17 Curious George, 18 Esso, 21 Aslan, 23 Knew, 24 Che, 25 arena, 26 ital., 27 ow, 28 Chang, 29 apart, 31 Twain, 34 Hood, 36 amnio(centesis), 38 a tad, 41 logging, 43 Thy, 45 yd, 47 Dern, 48 cleric, 50 overt, 51 vinyl, 53 boat, 54 idea, 55 Manu, 57 ein 58 Wee, 59 Leo, 61 TN.

CHOICES COMMITTEE

LIFE AND DEATH ISSUES

About a year ago, Crosslands Choices Committee started its own version of the internationally recognized program known as Death Café. The original designers were working to improve end of life communication and decision making. They believed that, "with practice, anyone can have good conversations about what they value in life and their wishes for the ends of their lives—and that these conversations make everyone's lives better".

Despite the name, the main focus in the Crosslands version is on issues relevant to older individuals and topics that are meaningful to us before we approach our final days. It provides an opportunity for small groups of residents to gather as questions about life and death are considered in a safe and relaxed environment. There is a facilitator who raises topics while the rest of the group provide their thoughtful responses and discuss them together. There are no right or wrong answers; it can be quite amusing and/or enlightening to hear the varied responses, and if a participant so chooses, he or she can pass on the posed question.

We meet the first Wednesday of each month at 3:30 p.m. in the Café for about an hour. It is the hope of the Choices Committee that these meetings will provide a stimulating and interesting discussion which could clarify the individual resident's approach toward living as full a life as possible in his or her later years.

Florence Lim

Kendal~Crosslands Wellness Initiative **Mon., April 2—Wm Penn Rm.—1:30 p.m.**

Kendal~Crosslands (KCC) is hoping to partner with Temple University College of Public Health to track and implement physical activity and fitness opportunities for the residents of this campus. This new Wellness initiative will provide the infrastructure, mentoring, and community support to help keep you active or help you get moving.

Come to the presentation to learn more or contact me at 610-388-5587.

Antonio Sofia
Rehab Services Director

NEW IN CROSSLANDS LIBRARY

Fiction

Gunder-Goshen, Ayelet – *Waking Lions*
 Halliday, Lisa – *Asymmetry*
 Hanks, Tom – *Uncommon Type: Some Stories*
 Hannah, Kristin – *Great Alone*
 Kinsella, Sophie – *Surprise Me*
 Matthews, Jason – *The Kremlin's Candidate*
 Milne, A.A. – *Winnie-the-Pooh*
 Nunez, Sigrid – *The Friend*
 Roberts, Nora – *Year One*
 Scott, Susan Holloway – *I, Eliza Hamilton*
 Storey, Stephanie – *Oil and Marble: A Novel of Leonardo and Michelangelo*

Mystery

Beaton, M.C. – *Death of an Honest Man*
 Blaedel, Sara – *The Undertaker's Daughter*
 Bowen, Rhys – *On Her Majesty's Frightfully Secret Service*
 Crais, Robert – *The Wanted*
 Finch, Charles – *The Woman in the Water*
 Kellerman, Jonathan – *Night Moves*
 Mosley, Walter – *Down the River Unto the Sea*
 Robb, J.D. – *Dark in Death*
 Sigurdardottir, Yrsa – *The Legacy*
 Tallis, Frank – *Mephisto Waltz*
 Woods, Stuart – *Unbound*

Nonfiction

Cantu, Francisco – *The Line Becomes a River*
 Golway, Terry – *Washington's General: Nathanael Greene and the Triumph of the American Revolution*
 Kennedy, Caroline, ed. – *She Walks in Beauty: A Woman's Journey through Poems*
 Mannix, Kathryn – *With the End in Mind: Dying, Death, and Wisdom in an Age of Denial*
 Oller, John – *The Swamp Fox: How Francis Marion Saved the American Revolution*
 Pink, Daniel H. – *When: The Scientific Secrets of Perfect Timing*

The Display Table: Paris

VIDEOS**New Purchases**

The Crown - 1st season of the TV series about the life of Elizabeth the 1st

Donations

A Beautiful Mind
 About a Boy
 Analyze That
 As Good As It Gets
 Bonfire of the Vanities
 Bowling For Columbine
 Brokeback Mountain
 Erin Brockovich
 Fahrenheit 9/11
 Forget Paris
 Four Weddings and a Funeral
 Grand Canyon
 House MD Season 2
 Lean On Me
 Mystic Pizza
 Philadelphia
 Seabiscuit
 Secondhand Lions
 Sleepless In Seattle
 Stepmom
 Supersize Me
 The Fog of War
 Under the Tuscan Sun
 Whale Rider



Sun., April 1. NAME TAG DAY

Mon., April 2. Crosslands Residents Association Board Meeting. Wm. Penn Rm., 10:00 a.m. All residents are welcome.

Mon., April 2. Rehab Services. *KCC Wellness Initiative.* Wm. Penn Rm., 1:30 p.m.

Tues., April 3. Forum Committee. *50 Years of Service for the Homeless.* Speaker: Bill Perkins. Wm. Penn Rm., 7:30 p.m.

Thurs., April 5. Collaborative Choices Committee. *Know Yourself.* Wm. Penn Rm., 10:00 a.m.

Sat., April 7. Movie. *A Walk In The Clouds.* Wm. Penn Rm., 7:15 p.m.

Sat., April 7. KCC/WCU Partnership. *Die Zauberflöte.* Madeline Wing Adler Theater, 7:30 p.m.

Mon., April 9. Low Vision Support Group. Health Center Meeting Rm., 10:00 a.m.

Tues., April 10. Caregivers' Support Group. Meditation Rm., 10:00 a.m.

Tues., April 10. Bereavement Support Group. Meditation Rm., 1:30 p.m.

Tues., April 10. Music Committee. *Newstead Trio.* Wm. Penn Rm., 7:30 p.m.

Fri., April 13. Camera Club. *Crosslands Nightlife.* Speaker: Bob Suter. Wm. Penn Rm., 7:30 p.m.

Sat., April 14. Light 'n Lively. *Fabulous Females of the 20th Century.* Wm. Penn Rm., 7:30 p.m.

Sun., April 15. NAME TAG DAY.

Sun., April 15—Music Committee. *Newman Quartet.* Wm. Penn Rm., 3:00 p.m.

Mon., April 16. Book Review. *The Weight of Ink.* Reviewer: Peggy Jones. Wm. Penn Rm., 11:00 a.m.

Tues., April 17. CRA Concerns Session. Opportunity for private discussion with 2 CRA Board members. Music Rm., 10:00 to 11:00 a.m.

Tues., April 17. Forum Committee. *Life At Winterthur in the 1910s to the 1950s.* Speaker: Jeff Groff. Wm. Penn Rm., 7:30 p.m.

Wed., April 18. Nature Conservancy Hike. Mason-Dixon Trail. Meet at Center, 8:30 a.m.

Thurs., April 19. Better Hearing Committee. Health Center Meeting Rm., 4:00 p.m.

Fri., April 20. Sing Along with Sarah Lee. *"Recycling" Songs.* Wm. Penn Lounge, 7:30 p.m.

Sat., April 21. Movie. *Field of Dreams.* Wm. Penn Rm., 7:15 p.m.

Mon., April 23. Earth Week Begins. See Bulletin Board for events.

Tues., April 24. Music Committee. *The Florian Trio.* Wm. Penn Rm., 7:30 p.m.

Wed., April 25. Welcoming Committee. New Residents Reception. Wm. Penn Lounge, 10:00 to 11:30 a.m.

Wed., April 25. Earth Day Reception, prior to **Sustainability Dinner.** Wm. Penn Lounge, 4:30—6:15 p.m.

Thurs., April 26. Documentary Movie. *Earth: Sustaining Our Oceans.* Wm. Penn Rm., 7:15 p.m.

Fri., April 27. ARBOR DAY. Tree planting near Center, 10:00 a.m.

Fri., April 27. ARBOR DAY. *Recycling Matters.* Speaker: Chris Glovetsis. Wm. Penn Rm., 1:30 p.m.

Fri., April 27. Crosslands Players. *Hecks-a-poppin.* Wm. Penn Rm., 7:30 p.m.

Sat., April 28. Peace and Social Concerns and Interfaith Dialogues Committees. *Nonviolent Peaceforces.* Speaker: Mel Duncan. Wm. Penn Rm., 10:00 a.m.

Sat., April 28. Crosslands Players. *Hecks-a-poppin.* Wm. Penn Rm., 7:30 p.m.

Mon., April 30. Great Decisions. *Media and Foreign Policy.* Moderators: Les and Kathy Hart. George Fox Rm., 9:45 a.m.

Thurs., May 3. Collaborative Choices Committee. *Know Your Doctor.* Wm. Penn Rm., 10:00 a.m.

To be listed in Coming Events for the May 2018 Chronicle, an EVENTS SERVICES REQUEST FORM must be received by the tenth of April. Forms are available from the receptionist. The Deadline for *Chronicle* articles is April 10, 2018. All articles are subject to editing and cannot be anonymous. Please type and send them by e-mail to XLChronicle2@gmail.com, or put copy in the *Chronicle's* open box.